



Shrimp Fried Cauliflower Rice

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

299.4 calories, 14.77 g carbohydrate, 4.13 g fiber, 10.64 g NET carbs, 20.85 g protein, 18.18 g fat

Ingredients

- 16 tsp(s) Coconut Secret Coconut Aminos
- 20 ounce(s) cauliflower
- 4 Tbsp(s) virgin coconut oil
- 10 ounce(s) wild shrimp, peeled and deveined
- 6 medium(s) green onions, sliced
- 2 large(s) pastured eggs
- 1 medium carrot, diced
- 2 tsp(s) ginger, grated
- 2 clove(s) garlic, minced
- 4 ounce(s) filtered water
- 1 small organic zucchini, diced

Preparation

1. First, "rice" the cauliflower using the "S" blade of a food processor or a hand grater. Set aside.
2. Add the peas to a small saucepan with the water. Cook for 5 minutes to crisp-tender. Drain and set aside.
3. Heat half of the oil in a large saute pan or wok. Add the shrimp and cook 2-3 minutes, or until shrimp turn pink and tails curl. Transfer to a plate.
4. Heat remaining oil in pan and add the carrots, zucchini, green onions, garlic and ginger. Sauté 4-5 minutes. Add the riced cauliflower and cook 4 minutes.
5. Stir the cooked shrimp into the cauliflower mixture with the aminos. Cook, stirring, 3-5 minutes.
6. Move the shrimp-cauliflower mixture to one side of the pan. Add the eggs to the other side and scramble, cooking 3-5 minutes.
7. Stir the eggs into the rice mixture, breaking up chunks.
8. Serve.

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